



NEWS ROOM

ISSUE III: DREAMS

T A B L E - O F - C O N T E N T S

THE SCIENCE BEHIND DREAMS

Mike Boyle

2

PSYCHIC SIT DOWN

Joe Ritchie & Will McAuliffe

3

DREAM JOURNALS

5

DREAMS WITH A SIDE OF CULTURE

Billy Sears

9

LET SLEEPING DOGS LIE

Caroline Casey

10

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THE SCIENCE behind DREAMS

by Mike Boyle
Illustration by Steph Chang

Reporter at large Mike Boyle researched the science behind dreaming to take a look at some of the ways dreams work, as well as some surprising sleep facts.

HOW DOES SLEEP WORK?

Stage 1:

Light sleep, easily woken up, body will twitch and jerk

Stage 2:

Loss of nearly all muscles, brain waves have slowed. You spend half the time sleeping in a dreamless stage 2 sleep

Stage 3 + 4:

Slow wave sleep - very difficult to wake up. Most likely time for sleep walking

Stage 5:

REM sleep, intense dreaming occurs

THE FACTS

While dreaming, most people are unable to read or tell the time

Your brain is more active during sleep than it is during the day

Only faces you've seen before can appear in a dream

Men aren't the only ones that get wet dreams; women get them too

Sleep paralysis is real: In the REM stage, your body is unable to move

You can stay in a dream for a few minutes after waking if you keep your body still

On average, people have four to six dreams a night, around every 90 minutes

Dreams are more often negative than positive

Freud says our dreams are a secret outlet for repressed desires

Sleepwalking is a legitimate defense for murder

90% of a dream is forgotten within a minute of waking up

Chronic smokers report more vivid dreams after quitting suddenly

PSYCHIC SIT DOWN with JOE & WILL

Staff reporter Joe Ritchie and photographer Will McAuliffe sat down at Regina Russell Tea Room with a psychic in hopes of receiving some clarity about their recent dreams.

Joe: Could you tell me what my dream means?

Psychic: Yes.

Joe: I had a dream about this candle that I couldn't let the flame burn out. It was an old wax candle with a golden holder, that I've never seen before. I don't know why I couldn't let it burn out. It started flickering and it went out.... That's when I woke up.

Psychic: You had to keep it lit, and things kept trying to burn it out.

Joe: Yeah.

Psychic: I think [...] you have your feet dug deep into something, and you have to complete whatever is in your head. Whatever your destination is, or whatever you think your destination has to be right now, you're feeling like you have to complete it or you will let yourself down. When you think about the candle, right? The candle is the destination and you don't want it to go out because you have to reach it. You can't let it burn out because you have to get there. That's basically what it is, it's transcending that, to me that's how I would read it, based off of your cards and the reading I gave you this morning. The candle may be like a focus, and it's really hard to keep that focus. I really think that you're in this place in your life right now that you have to complete.

Joe: Would you say it's not going to be a constant feeling of determination, once I get there?

Psychic: No, I feel like you're in this place in your life that you need to complete whatever you are doing. Now you have to get there, and once you get there you're not going to be feeling what you are going to need to do next. You are changing and growing up. Reality is hitting you straight in the face and you don't want to fail. How old are you now?

Joe: I am twenty years old.

Psychic: You have plenty of time, and you're doing the right thing. You have to trust your gut and stay focused. Stress yourself out, it's good to stress yourself out now. I think you need to keep that candle lit and reach that destination, because you are not there yet.



Will: I also had a dream that involved work. I was there at night, there were other people, but I don't remember it too much.

Psychic: You were working nights?

Will: Yeah, it was late at night, and I was still there. Then it got dark where I was working.

Psychic: Because you were suppose to get it done, and you didn't get the work done?

Will: Yeah.

Psychic: To me, you had a dream where you were still at work and you didn't get everything done. You were the last one there because you couldn't leave until you got your work done. That's telling me that you're worried that you're not completing whatever it is you need to complete. Maybe you are getting on yourself a little bit and making sure you get everything done. Maybe there is a lot of stuff on your plate right now, you know what I mean? If there's a lot of stuff on your plate right now, things can get a little overwhelming. All of a sudden things can get like "Oh my God". To me that's what that kind of dream means. It's your body's way of expelling that kind of stress. Do you know what I mean?

Will: Yeah, absolutely.

Psychic: You probably do have a lot going on. Or maybe some new things that you have going on that are not familiar or that you're afraid that you won't succeed. That's why you aren't getting that work done till really late and everyone is gone. But that's healthy stuff. These are healthy dreams that are relieving stress. Not saying you shouldn't have stress, everyone needs it to make wherever it is that they are going, happen.



Photo: Will McAuliffe

***"You need to keep that candle lit and reach that destination,
because you are not there yet."***

DREAM JOURNALS

I was in an aircraft carrier with my father and a bunch of other people who I didn't know. We were being instructed to get out of the aircraft because it wasn't going to make it to our destination. The co-pilot got up, opened the hatch on the side of the carrier, and sealed it to the station we were supposed to be transferring to. I got out with another girl, as we were the youngest. I was supposed to hold the carrier door open. I let go at some point, and the carrier plummeted to the ground. The last thing I remember seeing was my father looking back at me, his eyes a reflection of the fear and terror I was feeling. The copilot told me after a while that there were no survivors.

*Sometimes I dream
that my father is
chasing me and my
legs stop working
and I can't get
away*

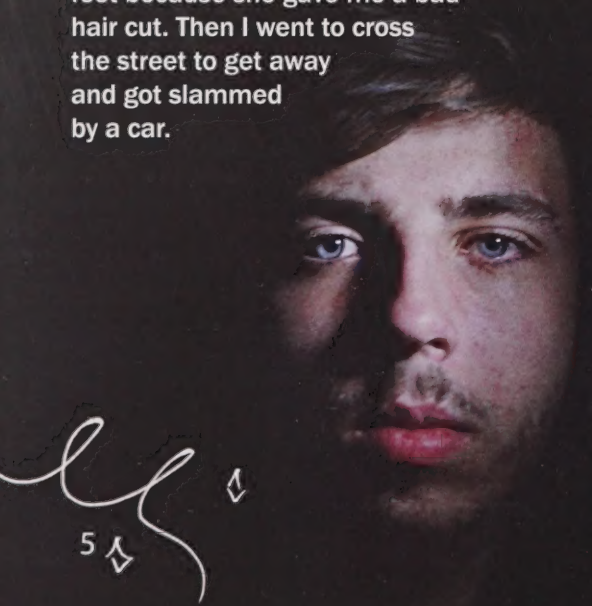
*I dreamt that I was running late
and I had to take the T. I
made it to the green line just as
it was leaving. It wasn't a regular
T though, it was like the bus
from Halloween Town and it flew
up into the air. My jacket was
caught in the door but I couldn't
get it out. I was pulled into
the air behind the bus and
flying over Boston by my jacket*

I left my belongings in a hair salon after getting in an argument with the owner. The owner then followed me outside and was yelling at me. Then I threw a glass bottle at the owners feet because she gave me a bad hair cut. Then I went to cross the street to get away and got slammed by a car.

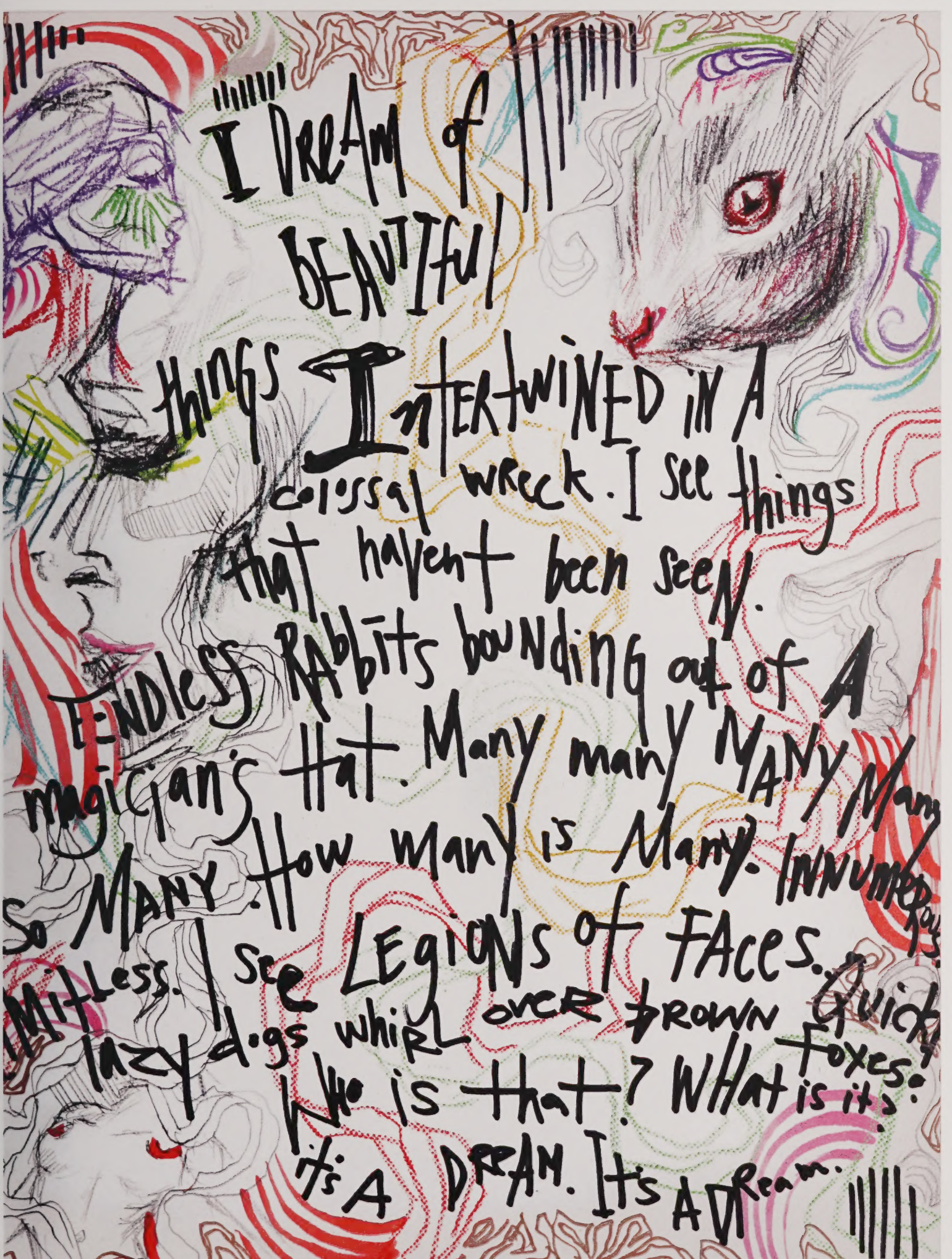
It was, or rather felt like, a crisp fall day as I was walking down a vibrant cottage pathway when all of the sudden, 313 baby carrots fell on top of me. It was sudden. And hurt like the weight of 315 baby carrots. As I slowly clawed my way out of the carrot heap, Billy Ray Cyrus appeared and offered me seven gold encrusted cotton swabs. As everyone in dream land knows not to accept cotton swabs from anyone whose name starts with a B, I quickly try and run away. But quicksand appears and it pulls me under. I realize that the quicksand is really caramel and that I am being baked into a candy bar, yum. So as I lie in the dark pit of caramel that is now my home, I think about a cold winter day. And suddenly I am standing in the middle of a snowstorm in Idaho and I am so friggin cold, and hungry. So hungry. And lo and behold, in my jumper pocket is a candy bar, yum. I excitedly take a giant bite out of the candy. And then, horror strikes as I realize that the gooey caramel dribbling from my mouth is the last place I remember being. And I look down to find that I have eaten my own legs.

*I was walking down a never ending path in familiar woods.
I saw my old dog Buster off in the distance,
so I ran up and started to pet him.
All of a sudden, he ran away and vanished
into thin air.*

I have a recurring dream every few years that my childhood home catches fire, and I'm laying on the front lawn on my stomach as flames burst out in waves across my back, scorching hot and I can't move my legs or my arms, can't crawl anywhere to escape.



Left: Billy Sears

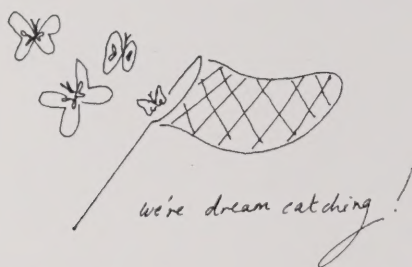


I DREAM of
BEAUTIFUL

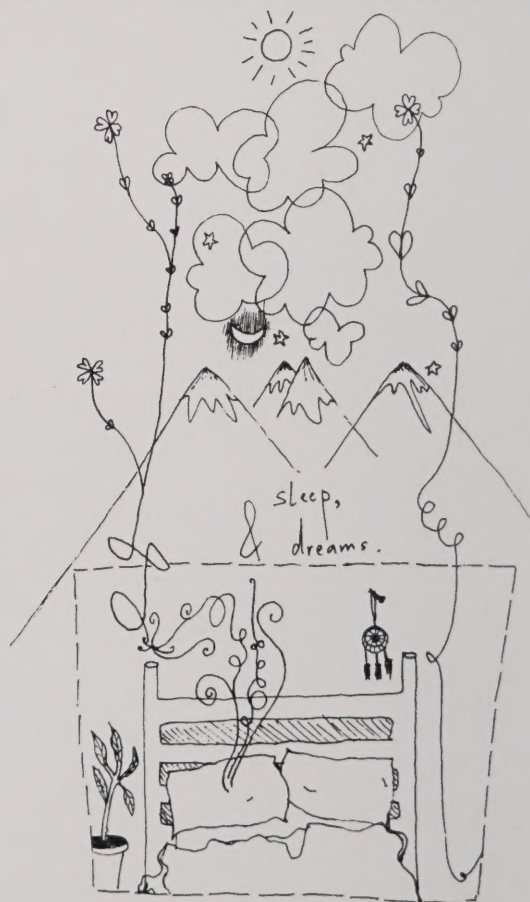
things INTERWINED in A
colossal wreck. I see things
that haven't been seen.

ENDLESS Rabbits bounding out of A
magician's hat. Many many MANY Many
So MANY. How many is Many. Innumerable
Mitless. I see LEGIONS of FACES.
lazy dogs whirl over brown quick
foxes.
Who is that? What is it?
It's A DREAM. It's A Dream.

DREAMING



I had this dream that I was on *Lost* and the writers killed off everyone but me and I was just prayin' that they'd kill me off in the next episode.



Top left: Lena Mirisola
 Top right: Liam Annis
 Bottom left: Steph Chang
 Illustrations: illesha Khandelwal

I had a dream that I was failing a class and everyone was mad at me for it and I didn't know what to do. When all of a sudden Snoop Dogg showed up and helped me through it.

I had a dream that spiders wouldn't stop falling from the ceiling/sky no matter where I went, so there was no escape from them. Everyone seemed fine with it, and I was just really terrified and confused as to why people were okay letting those eight legged jerks crawl all over them.

I had a dream the other day I was walking on a beach and looking out into the ocean, then I suddenly saw a pack of orca whales swimming alongside me. I turned, walked off the beach, and when I turned around, all the orca had surfaced and come to shore to eat the people who were behind me on the beach. They came out of the water like sharks and swallowed families. I ran to a shore hotel and watched through a window as cops used spears to stab the whales to death so they'd stop killing people.

*I dreamt this morning
that my mother turned into a
SQUID EMOJI and kept telling me
I should invest in the STOCK MARKET.*

DREAMS WITH A SIDE OF CULTURE

Photos + words by Billy Sears

*We spoke with some international students at MassArt
about the way their cultures view sleep & dreams*

Photo: Lena Mirisola

I'm Colombian, and in Latin American countries probably the most well known dream-like story that we share in all of our cultures is funny when you think about it now but as kids it was really scary. So basically, as kids, we are told this legend that even has a lullaby to it that goes "Duérmete niño, duérmete ya, que viene El Coco y te comerá," which basically translates to: "Sleep baby, sleep now, if not The Coco will come and eat you".

Parents tell it to kids, and it is very common in all of our cultures, to scare kids not to misbehave and do as they are told, because if not, this monster will eat them. There is no specific shape this monster has, I just recall everyone thinking that it was big and hairy and it could come out of nowhere and eat you if you were being bad. Also, El Coco means "the coconut..."

- Veronica Pedrosa



"In many parts of India, there are beliefs about dreams.

My mother, who is from Bangalore, India, tells me that anything I dream in the early morning, from 5:30am to 7:30am, will come true.

If you dream about becoming a millionaire in the early morning, it's supposed to come true."

- Anagha Parsan

“When I was younger and I used to visit my aunts house in Jaipur, she had a really big mansion sort of house and things used to echo in the night. I used to sneak downstairs at midnight to make Maggi (an Indian version of ramen) with my cousin. So I had just learned how to whistle, and you know how when you're young and when you just learn something, you want to do it all the time? Once when I was creeping down with my sister I started to whistle. And my aunt came running out of her bedroom and grabbed me and said, "Don't whistle at night! Stop! When you whistle at night snakes will come and bite you after you sleep!" - and I haven't whistled at night since.”

- illesha Khandelwal

Caroline Casey investigates the way dreams manifest in the sleep of man's best friend

Do you ever wonder what your pet dreams about? A bowl full of steak garnished with dog bones, maybe? Or a huge pond with tennis balls floating everywhere, shallow enough for your pup to stand but deep enough to paddle through the water? Maybe she's in an endless yard chasing that squirrel she's had her eye on for a while, or maybe she's cuddled up in the big comfy couch that animals are banned from in your house.

Research has found that domesticated animals, specifically dogs, dream similar to humans. Like humans, animals dream mostly about what happens in their everyday life. Some animals may be just recalling memories during their sleep, but some people believe that like humans, the brain gets a bit creative while dreaming, usually with a positive or a negative slant or exaggeration to it. What the dog dreams about may very breed to breed. A lab may dream about swimming and catching a ball in the water, while a shepherd may dream about catching an intruder in their home. The duration of a dream and amount of dreams depends on the size of the dog. Larger dogs dream around every 45 to 60 minutes and the dreams last about 5-10 minutes, while smaller breeds dream around every ten minutes with dreams lasting around a minute. Also, puppies and older dogs dream more often than middle aged dogs.

Most dog owners have probably noticed their pup making twitching movements, growls or whimpers, or even their legs making a running pattern while laying down. It has been proven that this only happens during the state of sleep where dreams take place. One can determine if their dog is dreaming from their breathing becoming shallow and irregular during sleep, and eye movement under their eyelids, something that

LET SLEEPING DOGS LIE

By Caroline Casey

also happens to humans during the REM dream stage of sleep. It takes about twenty minutes for a medium sized dog to begin dreaming from the time he or she dozes off.

Because dogs still are able to slightly move around during a dream, it is recommended that you follow the old saying, it's best to let sleeping dogs lie. Unlike humans, if a dog is woken up during a dream, they may have a hard time distinguishing between real life and the dream. Almost sixty percent of children who have been bitten by dogs have been bitten by a dog they have recently woken up.

Next time you see your dog twitching in their sleep, it is safe to assume that they are dreaming about their everyday life, or something they want to happen in their everyday life. Keep them happy, fed and attended to, and your dog is sure to have a happy night's sleep full of all the chew toys and meals they desire.

Vol I - Issue III - MMXV

